

# Katchie Ananda

liberate your body | stretch your mind | nourish your soul

## My miraculous tumeric drink

1 Lemon or Lime  
put the juice in a blender  
Add a decent peace of ginger and a piece of tumeric  
You can add warm water especially in wintertime  
1 apple  
1 spoon of coconut  
2 drops of black pepper

Mix it for 1 minute

Add more water and mix again

## Benefits

it alcalizes your blood  
it is against inflamation  
good for your nervous system

Black pepper helps us to unmask what is hidden  
Helpful to deal with addiction  
is warming